SHEEPDOGS SHOW OFF NEW TRICKS

SASKATCHEWAN ROCKERS AIM TO EXCEED EXPECTATIONS WITH FOURTH ALBUM PAGE 8

SASKATOON metro®

Tuesday, September 4, 2012

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Riders destroy Bombers

Losing streak finally snapped. 52-0 slaying at Labour Day Classic may right the season, say fans in the stands

ROB BROWN
Metro in Regina

Sunday's 52-0 massacre of Winnipeg could be just what the doctor ordered.

The Riders were nursing a five-game winless streak at the bottom of the CFL's West Division, but two meetings with the Bombers — starting with this weekend's Labour Day Classic — are what many in Rider Nation think will turn the season.

"It's a confidence-booster for sure, (especially) with the same team up again, who I don't think will make very many changes," Regina resident Dustin Delpar said after the game.

Saskatoon resident Corey Holowachuk agreed. "They needed to win that one and they probably need to win the next one too, in terms of having any playoff hopes."

The Riders improved their record to 4-5. Players who needed a big game and performances got them Sunday at Mosaic. Sandro DeAngelis split the uprights nine times, converting five Rider touchdowns and five field goals. Weston Dressler caught a pair of passes for touchdowns from Darian Durant, who was replaced in the third quarter by Drew Willy.

Willy made the most of limited time on the field, hitting Terence Jeffers-Harris for a 43-yard major and running one in himself from the goal-line.

When asked about Durant's performance, Holowachuk said he played well. "I think he had some receivers who came through for him. It seemed like there was good play-calling from him."

Delpar said he doesn't expect the Riders to destroy Winnipeg in the same fashion when they meet up again Sunday. "Beating them by 30 this time would be just fine."

MORE CFL COVERAGE, PAGE 14.

Riders by the numbers

2 Weston Dressler touchdowns

5 Riders with over 30 yards receiving

19 rushes by Kory Sheets

20 points off the foot of Sandro DeAngelis

Saskatchewan Roughriders running back Kory Sheets runs past Bombers defensive back Brandon Stewart during CFL action in Regina on Sunday. The Riders defeated the Bombers 52-0. LIAM RICHARDS/THE CANADIAN PRESS

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Carousel and miniature train ride off into the sunset

Emma Elliot, 6, was one of the many children and adults who lined up at Kinsmen Park for one of the last rides on the park's carousel and miniature train on Monday afternoon. The city has said that the rides are being decommissioned because they've reached their "life expectancy," but has left open the possibility that there could be new options — including a new train — available to the public by 2014. MORGAN MODJESKI/METRO

Fines await school zone scofflaws

Road safety. SGI on lookout for those disregarding school zone laws

MORGAN MODJESKI
morgan.modjeski@metronews.ca

As the school year starts, Saskatchewan Government Insurance's (SGI) focus is turning to school zones: SGI has teamed up with police across the province for Operation Student Safety.

According to a press release from SGI, the blitz will run Tuesday through Wednesday and will be targeting motorists who fail to obey rules while travelling through school zones.

"School zones often see heavy traffic," said Andrew Cartmell, president and CEO of SGI in the release. "The start of the new school year is a good time to remind motorists to slow down and be attentive to students and pedestrians."

People who are found committing offences like speeding, rolling through stop signs and failing to yield to pedestrians could lose up to three demerit points and face a $140 fine.

"Young children are more difficult to see than adults, and tend to think vehicles can stop quickly, so it's important for motorists to pay extra attention in those areas," said Cartmell.

By the numbers

SGI reports that, on average, there are 40 collisions in school zones annually resulting in 14 injuries and two fatalities.

- In 2011, there were a total of 37 collisions resulting in 17 injuries.

Hundreds of students could be seen filling the University of Saskatchewan's College Quarter Undergraduate Residence on Monday.
MORGAN MODJESKI/METRO

Back to school. University of Saskatchewan sees record residence numbers

Two new residence buildings at the University of Saskatchewan will host their first group of students this year.

The new buildings are part of the U of S's College Quarter Undergraduate Residence.

Completed in two phases, the College Quarter undergrad residence added space for roughly 800 students to the U of S, with Phase 1 completed in fall of 2011.

This semester, the U of S is expecting a record 1,600 students living in residence.

MORGAN MODJESKI/METRO

Municipal election. How to run for council; nominations open today

With nominations for the Oct. 24 municipal election officially being accepted as of 8 a.m. this morning, the campaign race is getting revved up.

Anyone choosing to run has to follow some fairly strict rules or face hefty fines.

The Basics:

- All candidates must be permanent residents in Saskatchewan for at least six months prior to the election and in Saskatoon for at least three.
- When submitting nomination documents, all nominations for mayor or city councillor require endorsement from 25 electorates.
- Nomination papers must include a brief bio, which will be used on the website.

While campaigning:

To ensure that no candidate has an unfair advantage, the City of Saskatoon has established some bylaws and regulations.

- Mayoral candidates have a spending limit of $171,955.50 on their campaigns, while candidates for city council are allowed to spend a maximum of 17,195.55.
- Signage can be erected 45 days prior to the election
- All signage must be at least two metres away from a curb, and one metre away from all city owned sidewalks.

A bit about money:

Once the election is over, each candidate must disclose accurate information about campaign expenses, including the first and last names of every donor who gave more than $250.

No candidate is allowed to accept anonymous donations unless they come from a fundraising event.

The city clerks office strongly advises that any potential candidates read the information booklet, which can be found on the city's website at saskatoon.ca.

JANE CAULFIELD/METRO

Everywhere a sign

- Signage can be erected 45 days prior to the election.
- All signage must be at least two metres away from a curb, and one metre away from all city owned sidewalks.

Mobile news

Now your four-legged friend can sweat up a storm by your side thanks to the new trend called dogs-er-cizes. Scan the code to learn more.

Cancer ride. Cyclist aiming to raise $100K

Diane Klich was sitting on the fence about whether she was up to the gruelling task of cycling across the country to raise money for childhood cancer research, when she happened to email an old friend who lives in New York City to say happy new year.

The most she had ever cycled then was 60 kilometres, riding at about 20 km/h. And, with no fundraising experience, the minimum $25,000 pledge to enter the fifth annual Sears National Kids Cancer Ride was equally daunting.

Then her university pal sent a heart-stopping reply: His two-year-old daughter was battling leukemia.

"It was a sign," said the 37-year-old from Toronto. "None of my fears could be as big as theirs were at that moment, so I just decided to sign up. At that moment I applied."

Klich will depart on the 17-day journey from White Rock, B.C., with more than 50 other cyclists from across the country on Wednesday.

Her ambitious goal is to raise $100,000 through donations and in-kind sponsorships. As of last week, she had collected $60,000 in sponsorship money from Metro and another $10,000 in cash donations.

The riders will arrive in Halifax Sept. 21 after completing the 7,000-kilometre journey.

To donate, visit searsnationalkidscancerride.com.

KATE WEBB/METRO IN VANCOUVER

Diane Klich, seen here outside the Telus World of Science in Vancouver, will depart White Rock, B.C., with other cyclists on the 17-day cross-country Sears National Kids Cancer Ride Wednesday. KATE WEBB/METRO

Health. N.S. university steps up fight against student binge drinking

Underage frosh looking for a buzz stronger than that free-from-home feeling are up against new rules at Acadia University.

Efforts to quash binge drinking at the school in Wolfville, N.S., escalated after the alcohol-related death of a 19-year-old student last September. A comprehensive alcohol policy went into effect this week, as students across Canada ditch the high school label and get their first taste of dorm life.

Acadia banned boozing in dorm rooms during orientation week, prohibited making "trophies" out of empties and put limits on the amount of alcohol a student can stockpile. Students of legal drinking age are allowed to drink in residence, but in designated, supervised lounges.

Residence advisers are authorized to conduct room checks, intervene and issue non-academic infractions if a thirsty student, regardless of age, tries to sneak a sip behind closed doors.

TORSTAR NEWS SERVICE

London

Prince Harry out of hiding after nude-pics scandal

Prince Harry has made his first public appearance since nude photos of him made international headlines. He attended an awards ceremony Monday for the charity WellChild to celebrate the lives of seriously ill children and the doctors who care for them. THE ASSOCIATED PRESS

Ontario

Five rescued from Niagara Gorge on long weekend

Canadian parks police say they rescued five people from the Niagara Gorge during two incidents over the weekend. Two Toronto-area visitors and three men were recovered. The men, who allegedly climbed over a retaining wall, face trespassing charges. THE ASSOCIATED PRESS

The RCMP grounded a protest plane over security fears Monday in Ottawa, provoking censorship accusations from the Public Service Alliance of Canada.
COURTESY OF PSAC

Plane with anti-PM banner grounded

Ottawa. Union accuses Mounties of pulling down aircraft for 'political reasons'

JOE LOFARO
Metro in Ottawa

Quoted

"Had the RCMP been concerned about the plane's potential route, it could have easily communicated with the pilot via radio and sought clarification rather than ordering it back down to the airport."

Press release from the Public Service Alliance of Canada

The RCMP ordered a plane sporting a message that was critical of Prime Minister Stephen Harper to land at an Ottawa airport Saturday, the Public Service Alliance of Canada (PSAC) said Monday.

The RCMP said officers made a mistake and thought the plane was flying in the restricted zone of Parliament Hill. NAV Canada confirmed Monday the plane did not stray into the restricted area.

RCMP A Division spokesperson Cpl. Lucie Shorey initially denied the federal police force ordered the plane down, but she later contacted Metro saying new information had come to light.

"The RCMP is mandated with protection of Parliament Hill. The plane was perceived to be flying in the restricted airspace," she said. "As such, the RCMP requested the plane to land and we undertook questioning of the pilot involved to determine if there was any threat. It was deemed there was not a threat."

In a press release sent by the union — which represents more than 170,000 workers in the federal public service — a spokesperson said the banner attached to the plane read "StephenHarperNousDeteste.ca," which translates to "StephenHarperHatesUs.ca."

The banner had been flown over Montreal and other Quebec communities over the past two weeks, the release said, as part of the union's We Are All Affected campaign, which is protesting public-service job cuts.

"The PSAC believes that the RCMP terminated the flight for political reasons due to the banner, without taking the proper steps to adequately assess the situation," the release said.

Shorey said the grounding of the plane had nothing to do with the content of the banner it was flying.

Green Mile star Duncan dies at age 54

Michael Clarke Duncan, the prolific character actor who earned an Oscar nomination for his performance as a death-row inmate in The Green Mile, is dead at age 54.

Clarke died Monday morning at Cedars-Sinai Medical Center in Los Angeles, where he was being treated for a heart attack, said his fiancée, reality TV personality Rev. Omarosa Manigault, in a statement released by publicist Joy Fehily.

The muscular, six-foot-four Duncan, a former bodyguard who turned to acting in his 30s, "suffered a myocardial infarction on July 13 and never fully recovered," the statement said. "Manigault is grateful for all of your prayers and asks for privacy at this time. Celebrations of his life, both private and public, will be announced at a later date."

This past spring, Clarke had appeared in a video for PETA, the animal-rights organization, in which he spoke of how much better he felt since becoming a vegetarian three years earlier.

"I cleared out my refrigerator, about $5,000 worth of meat," he said. "I'm a lot healthier than I was when I was eating meat."

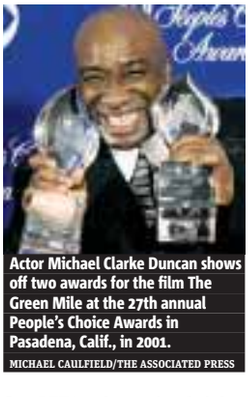
Duncan had a handful of minor roles before The Green Mile brought him an Academy Award nomination for best supporting actor. The 1999 film, based on the Stephen King novel of the same name, starred Tom Hanks as a corrections officer at a penitentiary in the 1930s. Duncan played John Coffey, a convicted murderer with a gentle demeanour and extraordinary healing powers.

His performance caught on with critics and moviegoers and he became a favourite in Hollywood, appearing in several films a year.

Born in Chicago in 1957, Duncan was raised by a single mother whose resistance to his playing football led to his deciding he wanted to become an actor.

By his mid-20s he was in Los Angeles, where he looked for acting parts and became a bodyguard for Will Smith, Jamie Foxx and other stars. The murder of rapper Notorious B.I.G., whom Duncan had been hired to protect before switching assignments, led him to quit his job and pursue acting full-time.

THE ASSOCIATED PRESS



Actor Michael Clarke Duncan shows off two awards for the film The Green Mile at the 27th annual People's Choice Awards in Pasadena, Calif., in 2001.
MICHAEL CAULFIELD/THE ASSOCIATED PRESS

Resumé highlights

- The Green Mile
- Armageddon
- Breakfast of Champions
- The Whole Nine Yards
- Sin City
- Talladega Nights
- School for Scoundrels
- Kung Fu Panda

Why did the chicken cross the border? It didn't, because it was stuffed with cocaine

The roasted chickens had an unusual stuffing — $150,000 worth of cocaine, according to Nigerian police.

A Nigerian mechanic who struggled in Brazil for more than six years had hoped the drugs would buy him a life of luxury in his native land, Nigerian authorities said Monday.

"This was like a retirement plan for him," said Mitchell Ofoyeju, spokesman for the National Drug Law Enforcement Agency.

The accused was arrested over the weekend at the airport in Lagos after he came in from Sao Paolo with 2.6 kilograms of cocaine, Ofoyeju said. Photos from the agency showed egg-shaped packages wrapped in gold aluminum foil and tucked into the browned chickens.

Ofoyeju says recently-installed airports scanners helped authorities identify more than 100 drug carriers last year, leading to the seizure of about 410 kilograms of cocaine, among other illicit drugs. THE ASSOCIATED PRESS

Smuggling problem

Nigeria is a major transit point for drugs coming from Latin America and going to Europe or the United States.

- Recent security improvements are cutting into that dubious distinction.
- After a man allegedly tried to blow up a Detroit-bound airliner in 2009, Nigeria started installing airport scanners and sought training for agents.

Smoking ban

Lebanese in a huff over right to puff

Restaurateurs in Lebanon, where about half of all adults are smokers, are protesting a new smoking ban in closed public places. The ban went into effect Monday. THE ASSOCIATED PRESS

Out of reach

Brits want to talk about Assange

Britain's Foreign Secretary on Monday urged Ecuador to resume negotiations over WikiLeaks founder Julian Assange, who is still hiding inside Ecuador's Embassy in London. THE ASSOCIATED PRESS

Hemlines are drawn in Iraq's culture wars

Islamists say it's time to call in the fashion police. Youth criticized for not sticking to religious dress code after Ramadan

Iraqi women shop at a women's clothing store in Diwaniyah, 130 kilometres south of Baghdad, on Sunday. A new culture rift is emerging in Iraq as young women replace shapeless coverups with ankle-baring skirts and tight blouses, while men strut around in revealing slacks and spiky haircuts. ALAA AL-MARJANI/THE ASSOCIATED PRESS

For much of Iraq's youth, sporting flashy makeup, slicked-up hair and skin-tight jeans is just part of living the teenage dream. But for their elders, it's a nightmare.

A new culture rift is emerging in Iraq, as young women replace shapeless coverups with ankle-baring skirts and tight blouses, while men strut around in revealing slacks and spiky haircuts. The relatively skimpy styles have prompted Islamic clerics in at least two Iraqi cities to mobilize local security guards as a "fashion police" in the name of protecting religious values.

"I see the way (older people) look at me — they don't like it," said Mayada Hamid, 32, wearing a pink leopard-print headscarf with jeans, a blue blouse and lots of sparkly eyeliner Sunday while shopping at the famous gold market in Baghdad's Kazimiyah neighbourhood.

She rolled her eyes. "It's just suppression." So far, though, there are no reports of the police actually taking action.

This is a conflict playing out across the Arab world, where conservative Islamic societies grapple with the effects of Western influence, especially the most obvious — the way their young choose to dress.

The violations of old Iraqi norms have grown especially egregious, religious officials say, since the end of Ramadan, Islam's holy month. In the last two weeks, posters and banners have been hanging along the streets of Kazimiyah, sternly reminding women to wear an abaya — a long black cloak that covers the body from shoulders to feet. THE ASSOCIATED PRESS

Family feuds may threaten church empire

Unification Church patriarch Sun Myung Moon leaves behind children who have been groomed to lead a religious movement famous for its mass weddings and business interests — if family feuds don't bring down the empire.

Moon, the charismatic and controversial founder of the church, died Monday at age 92 at a church-owned hospital near his home in Gapyeong County, northeast of Seoul, two weeks after being hospitalized with pneumonia, church officials said.

Flags flew at half-mast at a Unification Church in Seoul as followers trickled in, some wiping away tears as they wondered what would happen to a movement defined for decades by the man who founded it in 1954.

The Rev. Moon and wife Hak Ja Han have 10 surviving children and in recent years, the aging Moon had been handing power on the church's religious, charitable and business entities to them.

But there have been reports of family rifts. One son sued his mother's missionary group in 2011, demanding the return of more than $22 million he claimed was sent without his consent from a company he runs to her charity. His mother's group eventually returned the money after court mediation.

Church officials said the son, known as Preston, is no longer in charge of any church operations.

Moon's death could expose further rifts within the church, said Kim Heung-soo, who teaches history of Christianity at Mokwon University in the central city of Daejeon.

"There is a high possibility that internal discord will deepen," Kim said.

One of the successors

Rev. Hyung-jin Moon AP FILE

Key to the church's religious future is the Rev. Hyung-jin Moon, the U.S.-born 33-year-old who was tapped to succeed his father several years ago to serve as head of the church.

- Known as "Sean" back at Harvard, where he studied, he is more fluent in English than Korean and has signs of his father's charisma but with an American sensibility.
- His sermons, delivered in English, are designed to appeal to the next generation of "Unificationists."

The church has amassed dozens of businesses in the United States, South Korea and even North Korea, including hotels, a ski resort, sports teams, schools, universities and hospitals.

One expert said the church's business prospects appear brighter than its religious future. Tark Ji-il, a professor of religion at Busan Presbyterian University, described the church not as a religious group, but as a corporation made up of people with similar religious beliefs. THE ASSOCIATED PRESS

A woman pays respect to the Rev. Sun Myung Moon at a Unification Church in Tokyo on Monday. Moon, the self-proclaimed messiah who founded the church, died on Monday at a church-owned hospital near his home in Gapyeong County, northeast of Seoul, church officials said. He was 92. KOJI SASAHARA/THE ASSOCIATED PRESS

Romney's vision like watching TV in black and white: Obama

Working it. Democrats deliver economic message in key swing state; Republicans characterize Obama as a failed president

U.S. President Barack Obama waves to supporters after speaking at a campaign event at Scott High School Monday in Toledo, Ohio.
TONY DEJAK/THE ASSOCIATED PRESS

Barack Obama on Monday laid out the theme his party will hammer home at the Democratic National convention this week, declaring that Republican challenger Mitt Romney wants to lead the U.S. with failed and outdated ideas that harken to the last century.

Obama was speaking in a pre-convention campaign swing to members of the United Auto Workers Union in Toledo, a city like many in Ohio where the economy is heavily dependent on the auto industry. Obama injected that industry with huge amounts of government money in the earliest days of his administration, preventing General Motors and Chrysler Corp. from likely going out of business and laying off more than one million workers.

Romney opposed the auto bailout and accuses Obama of profligate government spending that Republicans contend has done little to lift the country out of the economic morass after the Great Recession and near meltdown of the country's financial system, events that date to the presidency of Republican President George W. Bush.

The Republicans showed their political arguments last week during their convention in Tampa, Fla., where Romney was officially nominated. The theme of that gathering: Obama is a failed president.

The Democrats are fighting back. Obama said on Monday that watching the Republicans was like seeing an old television program in black and white.

Ohio is perhaps the most critical state for both candidates on Nov. 6, Election Day. It is one of seven so-called swing states, which will determine the outcome of the vote. Those states do not reliably vote for the presidential candidate of one party or the other.

As Obama issued a rousing call for the support of working men and women on Labour Day, his campaign surrogates were trying to put their economic message back in positive territory.

The campaign was trying to recoup after a weekend in which key Democrats acknowledge Republican claims that Americans are not better off four years after the president swept into the White House on a message of hope and change.

From Toledo, Obama planned to travel to Louisiana to meet emergency personnel who have been labouring to restore power and tend to thousands of evacuees from flooded lands in the aftermath of Hurricane Isaac last week.

Romney, meanwhile, said the Labour Day holiday marked "another day of worrying" for too many Americans anxious about finding a job.

Romney hit the economic theme hard in a statement marking Labour Day as "a chance to celebrate the strong American work ethic" adding: "For far too many Americans, today is another day of worrying when their next paycheque will come."

Obama's backers were up early to try a morning do-over of his supporters' less-than-rosy answers Sunday when asked to answer the classic campaign question: Are Americans better off than they were four years ago?

"Absolutely," said Stephanie Cutter, Obama's deputy campaign manager, speaking on NBC television. "By any measure the country has moved forward over the last four years. It might not be as fast as some people would've hoped. The president agrees with that."

Martin O'Malley, Maryland's Democratic governor, had answered the same question with a "no" on Sunday before turning the blame to Bush. Appearing Monday on CNN, O'Malley tried a more positive turn of phrase, saying, "We are clearly better off as a country because we're now creating jobs rather than losing them. But we have not recovered all that we lost in the Bush recession. That's why we need to continue to move forward" under Obama.

THE ASSOCIATED PRESS

According to the pollsters

Polls show the close race between two candidates with polar-opposite political philosophies, especially on the economy, depends on who can convince a majority of voters they can lead the U.S. out of the stubborn economic doldrums, a weak recovery from the recession and 8.3 per cent unemployment.

- Those polls show most Americans continue to fault Obama's predecessor, George W. Bush, as author of the economic malaise.
- But most Republicans blame Obama for failing to turn things around during his first term.
- Romney, polls show, is favoured as the best candidate to handle the economy, although Obama is seen as the more likable choice.

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Labour Day parade promotes solidarity

'Unite Against Austerity'. Ontario's teachers, public-sector workers march against new legislation

Thousands of people took to the streets in downtown Toronto on Monday to celebrate in annual Labour Day festivities.

The theme of this year's march and rally was "Unite Against Austerity" and brought together members from various unions across the province.

Parade organizer John Cartwright said it was important for workers to send the message that they will not accept an austerity agenda from the provincial government.

"People are here to express their anger," said Cartwright, president of the Toronto and York Region Labour Council.

"The politicians are happy to give billions in corporate tax cuts and say to ordinary people, 'You have to tighten your belts' while the rich are getting richer everyday."

In the past few weeks, Ontario's teachers have been in a labour dispute with the provincial government over new legislation that will freeze their wages for at least two years.

The Liberals have also warned that other public-sector workers may also face a similar fate.

Cartwright said the large turnout was a signal that the labour movement is still going strong in Canada.

"This is a day about unions and our roles in society," he said.

"It's the labour movement that have taken poverty-wage jobs in manufacturing, construction and elsewhere and turned them into decent jobs where people can raise a family on. That's been our historical role in society."

The rich getting richer

"The politicians are happy to give billions in corporate tax cuts and say to ordinary people, 'You have to tighten your belts.'"

John Cartwright, parade organizer and president of the Toronto and York Region Labour Council

Those taking part in the parade included members of the Ontario Federation of Labour, Canadian Auto Workers, Canadian Union of Public Employees, and federal and provincial New Democrats.

Labour Day events were also scheduled in several other locations across the country.

For more than a century, Labour Day has been celebrated on the first Monday of September each year.

THE CANADIAN PRESS

Sweden

Hackers jam government, military websites

Swedish government websites were jammed by hackers for hours Monday, with some supporters of WikiLeaks founder Julian Assange claiming responsibility on Twitter.

The websites of the Swedish government, armed forces and the Swedish Institute experienced problems. Niklas Englund, head of digital media at the Swedish Armed Forces, said it was unclear who was behind the so-called denial-of-service attacks, in which websites are overwhelmed with bogus traffic.

THE ASSOCIATED PRESS

Kenya

Nearly 280,000 teachers strike

Union organizers say nearly 280,000 teachers in Kenya are staying away from work to demand long overdue pay raises, paralyzing resumption of classes after holidays. Wilson Sossion, chairman of the Kenya National Union of Teachers, said Monday that its 240,000 members did not report to work, responding to a call to strike by the union. The Kenya Union of Post Primary Education Teachers, said its 38,000 members had not shown up for work on Monday.

THE ASSOCIATED PRESS

Murdoch protege in court

Rebekah Brooks, former chief executive of News International, arrives at Westminster Magistrates Court in London on Monday. The Rupert Murdoch protege has been formally charged with conspiring to hack into the phones of hundreds of well-known people and their associates. Brooks, who quit her position when the phone-hacking scandal exploded last year, has vowed to fight the charges.

SANG TAN/THE ASSOCIATED PRESS

SUMMER BUMMER — THE SEASON THAT CAME AND WENT TOO SOON

SHE SAYS...
Jessica Napier
metronews.ca

They say that the third Monday in January is technically the most depressing day of the year. Of course, Blue Monday is actually just the result of some pseudo-science put forth by a travel company as a way to sell post-holiday getaway packages. Personally, I think today, the Tuesday immediately following Labour Day, might have Blue Monday beat on the gloom-o-meter. Let's call it Weep All Over Your Keyboard Tuesday.

Every year, the Labour Day long weekend comes and goes as a bittersweet farewell to summer. After a three-day final hurrah, it's time to roll up those picnic blankets, stow away the denim shorts and wake up from our collective summer dream that has filled the past few months with warm breezes and cool cocktails.

Stuff your knapsack

Back-to-school isn't just one day; it's a month-long season stretching out between the end of summer and thanksgiving. There is a shift in the atmosphere right now: The world is getting a little more serious as the rat race begins again.

Even though most of us haven't seen the inside of a classroom in years, September will always feel like back-to-school time. A period of new beginnings, freshly sharpened pencils and pristine, blank Hilroy notebooks. Wait, do kids still use notebooks? Am I dating myself here?

The majority of individuals entering college for the first time this September were born in 1994. I know — as someone who is still under 30, I'm not technically allowed to feel old, but that fact makes me feel relatively archaic.

But I digress.

Back-to-school isn't just one day; it's a month-long season stretching out between the end of summer and Thanksgiving. There is a shift in the atmosphere right now: The world is getting a little more serious as the rat race begins again.

Today, you will return to normality and have the same water-cooler conversation over and over again about how quickly the summer flew by. Rationally, we all know it came and went in the exact same number of days and hours that it always has, but our collective groaning and post-Labour Day dialogue is just part of the grieving process.

In the spirit of back-to-school shopping and curable-via-commerce emotional anguish, I felt compelled to shop for a fresh new outfit. I tried to cheer myself up with a back-to-work ensemble, but all the burgundies and browns and classroom-themed window displays sent me running back to my wardrobe to clutch my floral dresses in despair. I can't let go, it's too soon.

As the vitamin D deprivation sets in, I will try my hardest to get excited for pumpkin-spice lattes and apple picking, but I know that part of me will always be yearning for humid air and endless daylight.

I guess we would never appreciate the warmth of summer without the cool breeze of fall.

A post-Labour Day groan will underpins much of today's small talk.
DOMINIC LIPINSKI/THE ASSOCIATED PRESS

Another prince makes headlines

GETTY IMAGES PHOTOS

Don't look down

Duke of York takes a stroll

After Prince Harry's adventures in Vegas, another member of the royal family has found trouble.

At least Prince Andrew chose to be a spectacle, with this daring abseil down London's Shard, the tallest building in Europe.

The daredevil Duke of York performed the stunt for the Outward Bound Trust, an educational charity. Along for the ride were Ffion Hague — a fellow trustee with the charity and wife of the foreign minister — and several other participants.

Former pilot Andrew revealed he had the Queen's approval.

METRO

All smiles: Prince conquers Shard

Royal stunts

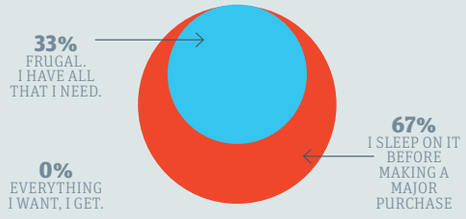
Andrew not the only thrill-seeker

- **Prince William.** Harry's brother landed a helicopter in his girlfriend's garden in 2008. The army described it as "sheer stupidity."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What's your shopping style?



Twitter

@TravisHomenuk: Hope everybody in #yxe and #saskatchewan are enjoying their long weekends at the lake! #CampFireSmells

@stephmzimmer: Well here we go #saskatoon #movingday

@SeldomSmith: Hey #yxe, just moved to Saskatoon. Where's some good local hangouts and things to do?

@KeeganOuellette: Time to go back to Saskatoon today. #SIAST

@theotherHilary: I wonder if there are any engineers in #yxe who have looked at Braess' paradox in relation to traffic networks

@BelangerMaureen: Spent time with my kids in Saskatoon this weekend. Unity through strong families, working together in a healthy way.

metro

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SCENE 2

DVD reviews

The Five-Year Engagement

Director. Nicholas Stoller

Stars. Jason Segel, Emily Blunt

●●●○○

The Five-Year Engagement pairs actors Jason Segel and Emily Blunt in a believable story about how fate and career choices can get in the way of best-laid plans, including marriage. Director Nicholas Stoller guided Segel in Forgetting Sarah Marshall and shares writing credits with him here. But it's producer Judd Apatow who keeps this frothy film from hitting it out of the rom-com ballpark. To Apatow, any joke worth doing is worth doing two or three times. You like that karaoke scene where the moron pal sings off-key embarrassing stuff? Get ready to see versions of it again and again. Engagement has a few good laughs and some home truths about the difficulties of maintaining personal relationships. Segel and Blunt are convincing as star-crossed lovers Tom and Violet. It's particularly good to see Rhys Ifans cast against type as Violet's reptilian boss. Now if only Apatow had a pair of scissors.

PETER HOWELL

Safe

Director. Boaz Yakin

Stars. Jason Statham, Catherine Chan

●●●○○

After charming and inspiring multiplex hordes with his Uptown Girls and Remember the Titans, writer/director Boaz Yakin goes darker with the genre flick Safe. Luke Wright (Jason Statham) meets 11-year-old Chinese math whiz Mei (new face Catherine Chan) in the subways beneath Manhattan's gritty streets. Mei's on the run from evil Chinese gangsters who kidnapped her to use her as a human computer. She's also fleeing rival Russian mobsters and corrupt NYPD cops. What a coincidence. Tight-lipped Luke is hot-footing it from the same Russians and soon will be evading the Chinese baddies, too. Don't look for much of a story in this actioner.

PETER HOWELL

On the web

Pearl Jam closes Made in America festival with help from Jay-Z; Drake, Run DMC also perform.

The Sheepdogs recorded their latest material in Nashville. GETTY IMAGES

Sheepdogs don't stop at Rolling Stone cover

New album. Saskatchewan rockers release fourth album and cast their eyes to a southern invasion

IAN GORMELY
scene@metronews.ca

With all due respect to Dr. Hook, there's far more to the Sheepdogs than a picture on the cover of the Rolling Stone.

The Saskatoon rockers hope to meet — or, says lead singer and guitarist Ewan Currie, exceed — expectations of the band with their new self-titled album.

While the quartet have exploded at home in Canada, in the U.S., they're still just that band who won a fan-voted contest that landed them the cover of the venerable magazine.

"Like, who are these guys, some American Idol thing?" jokes Curries of the band's image down South. "But I'm fully confident that we can back it up."

As he should be. The band's latest album, their fourth, was produced by the Black Keys' drummer Patrick Carney and marks a great leap forward for them, stepping out from behind their influences to showcase their tremendous sense of pop song craft.

The band met Carney at a festival in New York last year, and from the get-go it was clear that the drummer was looking beyond a cursory meet and greet.

"He was very interested to know what we were going to do for our next album," recalls Currie.

"It was more than a casual question.

"I was like, 'Why are you so invested.'"

Never one to look a gift horse in the mouth, the band asked Carney if he was interested in producing their follow up to 2010's Learn and Burn. At first Carney declined due to scheduling conflicts, until a two-week window opened up this past January.

The band quickly assembled the material they had and headed to Nashville to record.

"It was as rushed, as is everything else we've done in the last year and a half, but I don't think we felt like we made it under any sort of duress," says Currie.

"You could crumble under that pressure or you could let it galvanize you. And that's what we did."

Penning tunes

Old is new again

Since the Rolling Stone cover contest, the Sheepdogs have been on a whirlwind schedule of gigs, appearances and press commitments, leaving them little time to write. Currie would demo new material on his laptop and then send tracks to Carney for feedback. The band brought several older songs to the sessions including the track Never Gonna Get My Love, which the band originally recorded four years ago but never released.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Klum's spurned ex won't keep lips 'sealed'

MONICA WEYMOUTH
scene@metronews.ca

When photos surfaced of Heidi Klum vacationing with her bodyguard, Martin Kristen, in Italy over the weekend, it didn't quite look like anyone was on the clock. Klum's ex-husband, Seal, was more than happy to confirm the rumors.

"I would have preferred Heidi show a little bit more class and at least wait until we separated first before deciding to fornicate with the help, as it were," the singer told TMZ when asked for a comment on the photos, which show Kristen and Klum with their arms around each other.

"But I guess you now all have the answer that you've been looking for for the past seven months."

Usually, we'd feel gross still talking about a couple who separated almost eight months ago, but you'll remember that these two made us watch as they renewed their vows every year. Plus, they have "help" to "fornicate" with — they'll be OK.

Kylie Minogue GETTY IMAGES

Kylie Minogue loves the glamour that comes with fame

Kylie Minogue has been at the pop star business for a while, but she's never gotten used to some of the trappings of fame — like limousines. "I find them embarrassing," she tells the Independent. "I'm like, 'Please don't send a limousine!'" Minogue admits that being famous has given her the chance to work out whatever glam desires she may have. "I love to have this glamorous life sometimes, and if I didn't have any of that, I would probably be dressing up a bit more each day or going out on the weekend and making a real effort. But I get to live out those fantasies on stage, in videos or photo shoots."

British beautician gives some insider info on the royal jewels

If photos of Prince Harry's wild naked party in Las Vegas last month aren't enough, British beautician Carrie Reichert is more than happy to share some details of that wild night. Reichert was invited up to the prince's suite along with nine other women for the evening's festivities, she reveals in an interview with Britain's the People. "Harry was already undressed. It was just crazy. He looked actually delirious," she remembers. "He would just randomly walk up to you and hug you. He was just really friendly and there were just really random naked hugs. It was funny."

Crowe gets a little coast guard help on kayak excursion

Russell Crowe got an assist from the U.S. Coast Guard while kayaking off the coast of Long Island over the weekend when nightfall forced Crowe and a pal to come ashore 15 kilometres east of where they'd set out, according to the Associated Press. "It wasn't really a rescue. Really, more of just giving someone a lift," says Coast Guard officer Robert Swieciki, who heard Crowe yelling around 10 p.m.

Russell Crowe GETTY IMAGES

Twitter

@ParisHilton
Fun #GirlsNightOut at M2 in #Shanghai last night! #Models&Bottles ;)

@BetteMidler
Made @juliachilds clafoutis w/our own blueberries. Looks-3, taste 10. Ate it all. Rolling in my sleep.

@billmaher
Leaving Leno taping — still fun to do the Tonight Show after all those years; but will I watch it tonight? I never watch myself!

@BobNewhart
Performing standup is a narcotic that I need — even if I do it a few times a year. Traveling is inconvenient but worth it to make people laugh

Obama's still a fan of Clint Eastwood after GOP convention ribbing

Pundits may be scratching their heads after Clint Eastwood's bizarre rant against President Barack Obama at the Republican National Convention, but the U.S. President himself isn't mad at the famous actor and director. "I am a huge Clint Eastwood fan," Obama told USA Today. "He is a great actor and an even better director. I think the last few movies that he's made have been terrific." And as for whether he found Eastwood's remarks offensive?

"One thing about being president or running for president — if you're easily offended, you should probably choose another profession," Obama says.

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LIFE

New blog

Editor aims to lose half of herself

Metro Winnipeg Managing Editor Elisha Dacey.
BERNICE PONTNAILLA/METRO

Two hundred ninety-five.

Spelling it out makes it seem even worse. Either way, 295 is the scariest number I've ever written.

It's the number my little white scale flashed at me the last time I stepped on it. I think I heard it sigh in relief when I stepped off. Or, it could have been my knees creaking. Hard to tell.

When I pitched this idea to my boss, I never thought about the fact that this number was going to be out there. Across Canada. Across the Internet. The judgment that number sets me up for scares me.

Today, I aim to become less of myself. Because they make you pick a number, mine is 145 pounds – or, half the weight I am today.

My tools: An online subscription to WeightWatchers.ca after my doctor recommended it, a blog that will run twice a week on Metronews.ca, and my running shoes. Which have never been used for actual running and never will, because running sucks.

I will eat real food. I'm doing this the right way, because I don't ever want to do this again. Also, because I'd rather die than give up chocolate.

Join me, because if I, a workaholic mother and wife can do it, so can you.

ELISHA DACEY'S BLOG, HALF OFF, WILL RUN EVERY TUESDAY AND FRIDAY ON METRONEWS.CA.

Doctors are considering new methods of treating cancer in which each specific case is treated uniquely based on its characteristics. ISTOCK

Cancer care unequal around the globe

Research. World Congress considers unique treatment of each patient, and the state of global cancer research

CELIA MILNE
life@metronews.ca

Not all cancer care is created equal.

That was one of the resounding messages from last week's World Cancer Congress in Montreal, which brought together more than 2,000 cancer experts from around the globe.

"We have made great strides in cancer control," Canadian expert Dr. Elizabeth Eisenhauer told Metro. "But contrast this with places where people are dying of cancer without any pain medication."

Eisenhauer was one of the speakers at the Congress. She is the director of oncology at Queen's University and Kingston General Hospital, and co-chair of the Canadian Cancer Research Alliance.

Right now in cancer research, there is a lot of buzz about identifying groups of patients that will benefit from certain medications based on their pathology results. An example of this is in breast cancer, where about 20 to 25 per cent of patients qualify for cancer drug Herceptin because their cancer is HER-2 positive.

The next frontier — which Eisenhauer says is still a long way away — is to be able to treat each patient uniquely. So while cancer treatment is getting more precise, it's not yet personalized. "What people are getting excited about is taking the tumour and doing genetic sequencing and finding drugs for those five or 10 mutations that are unique to that individual," she says.

While wealthy countries reported great scientific progress, the news from poor countries was sobering.

"Even though there is lots to be done in cancer control in Canada, there is much more to be done globally. There is a lot of suffering that doesn't happen here."

Best Health. Canada's Jamie Oliver lives in Stratford, Ont.

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Did you know Canada has its very own crusader for getting kids to eat healthier?

His name is Paul Finkelstein, and his delicious, easy recipes are featured in every issue of Best Health magazine. In our September issue, on newsstands now, we have a feature article by Erin Phelan about this innovative high-school teacher and chef based at Northwestern Secondary School in Stratford, Ont.

So what exactly is Paul doing to improve school nutrition?

As part of his culinary arts program, he has created the student-run — and student-named — Screaming Avocado cafe.

His students create healthy lunch choices that will appeal to kids when they're deciding what to eat for lunch: dishes like Pulled Pork on Homemade Ciabatta, and Seafood & Chicken Paella.

Meals cost just $3 or less, which is healthy competition for the burgers and fries sold at the cafeteria down the hall. "If you give kids a healthy choice, many of them will take it," says Paul.

His model is getting the attention of educators across Canada, including in Souris, PEI, where famed chef Michael Smith is creating a similar culinary arts program in a new school that will house a state-of-the-art kitchen, and a greenhouse.

"Paul proves that nutritional literacy belongs in schools, and when it is, kids thrive" says Smith.

Canada is the only G8 country without a national school meal program. Nearly a quarter of Canadian kids aged two 2 to 17 are overweight or obese, according to Active Healthy Kids Canada. And, says the Canadian branch of the Centre for Science in the Public Interest, "School meal programs help boost rates of attendance and graduation, improve performance, reduce behavioral problems and help form life-long eating patterns that can lead to longer, disability-free lives."

There would also be an economic impact. A Queen's University study found that the combined cost of physical inactivity and obesity is close to $10 billion, or nearly five per cent of total health-care costs.

To read more about Paul Finkelstein's innovative school food program, see our September issue, on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS

On the Web

'Not without my iPad': Young tech-savvy docs want a real life, but don't call them slackers

Chicken shows cheesy side

ROSE REISMAN
for more, visit
rosereisman.com

This recipe serves six. RYAN SZULC FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

I initially created this recipe for white fish. I then tried the delicious topping over a grain. Now I've found it works well with chicken. For the Chicken with Plum Tomatoes and Three Cheeses, use a variety of cheeses of your choice. But be sure to include some stronger-tasting ones.

Ingredients

- 1 1/2 lb skinless boneless chicken breasts
- 1 egg
- 2 tbsp low-fat milk
- 3/4 cup seasoned dry bread crumbs
- 2 tsp vegetable oil
- 1 1/3 cups diced plum tomatoes
- 1/2 cup shredded havarti
- 1/4 cup crumbled goat cheese (about 1 oz)
- 2 tbsp grated Parmesan cheese
- 1/4 cup finely chopped black olives
- 1 tsp finely chopped garlic
- 1 tsp dried basil
- 3 tbsp chopped fresh parsley

1. Preheat oven to 425 F. Lightly coat a 9- x 13-inch casserole dish with cooking spray.

2. Working with one at a time, place a chicken breast between 2 sheets of waxed paper and pound to a 2-inch thickness.

3. Beat egg and milk in shallow bowl. Place bread crumbs on a separate plate or shallow dish.

4. Lightly coat skillet with cooking spray add oil and place over medium-high heat. Dip each flattened chicken breast into the egg mix, then coat in bread crumbs. Cook 3 mins. per side or until browned and almost cooked through. Transfer to prepared casserole dish.

5. Combine tomatoes, havarti, goat and Parmesan cheeses, olives, garlic and dried basil in a bowl. Spoon over chicken breasts. Cover and bake 10 minutes or until cheese melts and chicken is done (has reached an internal temperature of 165 F). Garnish with fresh parsley and serve.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Tea-Coffee Smack down

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

What's in your hands right now? Are you sipping North America's morning sweetheart: coffee? Or a nice cup of the tea that most of the rest of the world enjoys?

There are benefits to both, but cutting down the coffee and stepping up the tea may just make you healthier.

Here's how:

Tim Hortons small coffee (100 mg caffeine) vs small tea (60 mg caffeine)

It is recommended that you get no more than 300 mg of caffeine each day. That means you can have five small cups of tea and only three small cups of coffee each day.

Cream for small coffee (40 calories) vs. milk for small tea (15 calories)

Chances are you will drink your tea with milk and not cream.

Switch just one of your cups of coffee with cream to tea with milk for a whole year and save yourself 9,125 calories.

That represents 2.6 pounds per year. You could stand to lose 2.6 pounds this year without any work at all, right?

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Give stir-fry big, bold taste of lemon grass

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In small saucepan over medium-low heat, combine lemon grass, 1/4 cup of canola oil and the wine. Heat to low simmer, then set aside to cool to room temperature.

2. In spice grinder, combine peppercorns, salt, garlic powder, cumin and ginger. Grind until reduced to fine powder. Stir into the oil and lemon grass mixture, then transfer entire thing to large bowl. Add chicken, toss to coat, then refrigerate for at least 1 hour.

Ingredients

- Two 4-inch pieces lemon grass, lightly crushed with a meat mallet or rolling pin
- 1/4 cup canola oil, plus 2 tbsp
- 1/2 cup white wine
- 1/2 tbsp whole peppercorns
- 1 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp ground cumin
- 1/4 tsp dry ginger
- 3 boneless, skinless chicken breasts (about 1 1/2 pounds), cut into 1-inch chunks
- 3 cups broccoli florets
- 2 red bell peppers, cored and cut into strips
- 1 tbsp cornstarch
- 1/4 cup cool water
- Rice or egg noodles, to serve

3. When ready to cook, heat wok or large, deep sauté pan over medium-high. Add remaining 2 tablespoons of canola oil and heat until nearly smoking. Add the broccoli and red peppers and sauté until just starting to brown, about 5 to 6 minutes. Use a slotted spoon to transfer the vegetables to a plate.

4. Discard lemon grass from chicken, then add chicken to pan, reserving marinade in the bowl. Cook until starting to brown, about 10 minutes.

5. Add marinade from bowl to wok and bring to a boil. Cook for 2 minutes.

6. In glass, mix cornstarch and water, then add to pan. Cook until sauce thickens, about another 2 minutes.

7. Return vegetables to pan and toss to coat. Season with salt and pepper. Serve over rice or noodles. THE ASSOCIATED PRES

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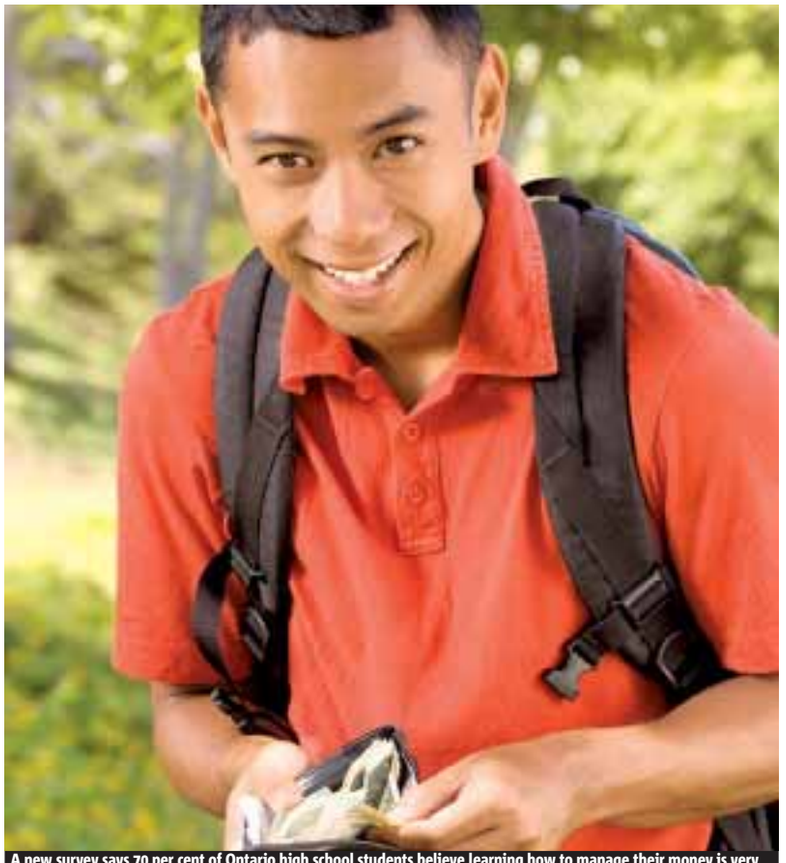
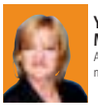


A new survey says 70 per cent of Ontario high school students believe learning how to manage their money is very important. ISTOCK IMAGES

Is the next generation prepared to manage their finances?

Alison's Money Rule. The cure for a financially sick society is raising money-smart kids



YOUR MONEY
Alison Griffiths
money@metronews.ca

News flash! They care. They really care! I'm talking about teens and money. And no, it's not just about having it and spending it. Teens, as it turns out, are deeply interested in becoming financially literate. Perhaps the high school generation is learning by bad example.

Their parents and grandparents have managed to become the most indebted Canadians ever, owing $153 for every $100 of disposable income. This state of affairs is a leading cause of stress and stress doesn't make for happy families.

According to a new survey released by the non-profit Investor Education Fund (getsmarteraboutmoney.ca), 70 per cent of Ontario high school students believe that learning how to manage money is important or very important. And here's the key statistic, 69 per cent believe that personal finance should be taught in schools, a 12 per cent jump from 2009.

Teaching personal finance as a distinct course of study from elementary through to high school is critical. In fact, I think the future health of Canada depends on it as financial lives become ever more complex.

We're on the verge of transition to an e-pay society, which widens the distance between our money and us, just as credit and debit cards did when introduced in the 1950s and 1970s respectively.

Financial contracts are complicated, investment jargon buffaloes most people and pension options will only get more difficult to understand as corporations and governments retreat from the defined benefit pension plans of the boomer generation.

In numbers

25%

Only 25% of students say their school provides them with most of the personal finance lessons they need.

In other words, as the 21st century matures our teens will have to get it right. But they feel they lack the tools. Only 40 per cent of high school students believe they're prepared to manage their finances after graduation.

And it is deeply concerning that 70 per cent of them aren't saving for post-secondary studies. Parents may not be able to change the curriculum in schools tomorrow but inspirefinanciallearning.ca has some great lesson plans for grade four through 12, which can be adapted at home.

Take your teens in hand financially; they will thank you for it.

Author Dana Adam Shapiro. HANDOUT

Valuable lessons from divorcees

Reading. You Can Be Right or You Can Be Married offers a look at some people who've had their marriages fall apart

HEIDI PATALANO
Metro New York

The Dana Adam Shapiro of a few years ago would not have ordered a steak while out on a first date with a vegetarian.

But after spending years interviewing divorcees for his new book You Can Be Right or You Can Be Married (on sale Tuesday), the Shapiro who ordered the juicy slab of meat was a changed man.

"That was a very tangible effect of the book," he admits. "So much of the dating process is theatrical. ... You're sort of auditioning, and when you're doing so you're not really being yourself. ... The inevitability is that your real self is going to come through, so you better do it sooner rather than later."

This is just one of the lessons the author took away in the writing of his book. He interviewed dozens of anonymous divorcees who offered unvarnished accounts of their own heartbreak. From there, he extracted a few near-universal truths that he offers to Metro readers:

1. Cheating happens because of complacency: "(Divorce happens when) people aren't putting that effort in any more," Shapiro observes. "That's probably the worst thing you can do. You really do just have to re-earn it all the time."

2. We often expect problems to solve themselves: "One woman said to me, 'A man marries a woman hoping that she won't change and a woman marries a man hoping he will change and he doesn't,'" Shapiro says. "We bury a lot of the problems in the hopes that they'll just get better."

3. There is such a thing as compromising too much: "I think a lot of people try to be the ideal spouse, but sometimes it's at their own expense," he adds. "You wake up 10 years later thinking, 'I'm not me anymore.'"

Tennis

Knee injury will keep Nadal out two more months

Rafael Nadal has a partially torn patella tendon in his left knee and will be sidelined for at least the next two months, including Spain's upcoming Davis Cup semifinal against the United States.

"I have to recover and I'll be back once the pain is gone," Nadal said in a website posting linked to his Twitter feed.

The 11-time Grand Slam champion has been out of action since losing in the second round of Wimbledon in June.

THE ASSOCIATED PRESS

Golf

McIlroy rises to top at Deutsche Bank

In a Labour Day finish filled with some of golf's biggest names, Rory McIlroy sent his stock soaring in the Deutsche Bank Championship.

McIlroy overcame a three-shot deficit Monday in five holes, and then survived mistakes on the final two holes to close with a 4-under 67 and escape with a one-shot victory over Louis Oosthuizen.

McIlroy joined Tiger Woods as the only three-time winners on the PGA Tour this year and with one of his wins being the PGA Championship, that might be enough for his peers to vote him player of the year.

THE ASSOCIATED PRESS

Rory McIlroy celebrates his win Monday in Nortan, Mass. THE ASSOCIATED PRESS

Murray runs Milos out of New York

Tennis. Olympic champion's return game proves too much for top Canadian to handle at U.S. Open

Andy Murray, left, is congratulated by Milos Raonic on Monday night in New York. MATTHEW STOCKMAN/GETTY IMAGES

Milos Raonic's best just wasn't good enough against Olympic champion Andy Murray.

The native of Thornhill, Ont., lost to Murray 6-4, 6-4, 6-2 on Monday in the fourth round of the U.S. Open.

"It was a tough match, he was just too good," said Raonic. "I was never comfortable and he played extremely well. This was a big loss, I really gave everything out there and I've never felt such a defeat."

Murray, still seeking his first Grand Slam title, reached the quarter-finals at an eighth consecutive major tournament by beating the 15th-seeded Raonic.

Raonic was trying to become the first Canadian man in a Grand Slam quarter-final in the Open era, which began in 1968.

Canadian women remain the only players to have gone to the last eight in a Grand Slam, most recently through Patricia Hy-Boulais at the 1992 U.S. Open.

Raonic reached this stage at a major for the second time after getting to the last 16 from a qualifying start at the Australian Open last year.

"This was my eighth Grand Slam and I'm pretty new to this," said Raonic. "I've only played here twice. Sometimes I get frustrated with myself."

Raonic stands 1-7 against top five opponents, with his only win coming against Murray on clay in Barcelona last spring.

"I need to improve a lot of things in my game if I'm going to compete with guys at the top level," said Raonic. "But I also want to learn as much as I can. Every experience at this level is a new one. I have to deal with them the best I can."

Despite his disappointment, Raonic will rise to an ATP ranking of around 14th next Monday.

Raonic never got a break point on Murray's serve and managed only 14 aces — about half his average at the event in the first three rounds. He lost his own serve four times in a disappointing evening.

"I felt like I was doing it well most of the time, except maybe a few shots I didn't go for as much in the beginning just because I didn't know how to really read it," said Raonic.

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By the numbers

3rd

Milos Raonic is the third Canadian to reach the round of 16 at a Grand Slam in the Open era, after Montreal's Martin Laurendeau at the Open and Toronto's Daniel Nestor at Wimbledon in 1999.

Jays have no answer for O's Saunders

Jays first baseman Edwin Encarnacion applies a tag to Baltimore's Manny Machado on a pickoff from catcher Jeff Mathis in Toronto on Monday. CARLOS OSORIO/TORSTAR NEWS SERVICE

Toronto starter J.A. Happ said he tried not to concern himself about what pitching counterpart Joe Saunders was doing on the mound.

That proved impossible, as Saunders put in a dominating performance. He went five innings without allowing a base runner and surrendered just three hits as the Baltimore Orioles blanked the Blue Jays 4-0 Monday in Toronto.

"You try not to think about it but when you're out there you kind of know," Happ said. "You just want to give us the best chance you can but sometimes you try to do a little too much and be a little too fine. But I tried to stay aggressive."

Monday's game

Orioles	Blue Jays
4	0

Saunders' perfect game bid ended with two out in the sixth inning when Adeiny Hechavarria singled to centre. By then the Orioles had control of the game.

"You try to keep making pitches, you try not to think about it out there," Saunders said. "I just hung a changeup to the nine-hole hitter."

Saunders (7-11) held the Blue Jays to three hits and two walks in 6 1/3 innings in his second start for the Orioles since they traded right-hander Matt Lindstrom to Arizona for him on Aug. 26.

He lost his first start for the Orioles 8-1 to the Chicago White Sox on Aug. 29, allowing 10 hits and seven runs.

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4 SPORTS

Mobile sports

With the regular season beginning on Wednesday, NFL officials are still locked out in a labour dispute. Using replacement referees for the pre-season resulted in some embarrassing gaffes and the NFL has to be hoping they can continue to learn on the job. Scan the code for the story.

‘Be the hero’: Glenn heeds teammates words in late win

CFL. Stampeders QB orchestrates key TD drive against Eskimos and team hangs on in a hard-fought Labour Day Classic game

Larry Taylor celebrates scoring the winning touchdown for the Calgary Stampeders against the Edmonton Eskimos Monday in Calgary. JEFF MCINTOSH/THE CANADIAN PRESS

After throwing a costly interception in the fourth quarter, quarterback Kevin Glenn received some helpful words of encouragement from his teammates.

Glenn returned to the field and led his Stampeders on a five-play, 51-yard drive that culminated in his game-winning touchdown pass to Larry Taylor as Calgary held on for a wild 31-30 win over the Edmonton Eskimos in the annual Labour Day clash between the rivals.

“Larry ran the perfect route,” said Glenn, who completed 23 of 30 passes for 273 yards to go with two touchdowns and two interceptions. “He was wide open and all I had to do was give him the ball.”

The Stampeders’ (5-4) offence scored the winning TD with 63 seconds remaining to edge out Edmonton (5-4).

“You could see it in the guy’s eyes after that pick when they came to the sidelines that they still had faith,” Glenn said. “They still had faith to say ‘Hey we’re going to win this game,’ and that’s big. That’s big when you get in a situation like that and still know that guys have got your back.”

Calgary defensive back Tad Kornegay knew that Glenn had it in him to redeem himself after Edmonton’s Joe Burnett picked off the errant pass and ran it back 34 yards for a touchdown to put the Eskimos up 30-25.

“When Kevin went out for that last drive when we were down, I told Kevin, ‘Be the hero. This is what we do it for. You made the mistake. You threw a pick. Who cares? We got the ball back. Be a hero.’ And that’s what he did,” Kornegay said.

Rookies Bo Levi Mitchell and Matt Walter had rushing touchdowns for the Stampeders, who had lost their previous two home games.

Glenn also threw a touchdown pass to Jon Cornish, Rene Paredes kicked a field goal, while Rob Maver booted a single.

Filling in for injured starter Steven Jyles, Kerry Joseph plunged into the end zone for a one-yard score at 8:07 of the final quarter. Burnett’s touchdown then gave the Eskimos a short-lived lead.

“It was disappointing,” said Joseph, who went 17-for-27 for 311 yards, two touchdowns and one interception. “We came into a hostile environment against a good football team. We fought to the end.”

Joseph also tossed touchdown passes to Fred Stamps and Hugh Charles in the second quarter, while Grant Shaw kicked three singles.

On the last play of the game, Shaw attempted a 48-yard field goal into the wind, but the ball sailed wide to the left and Taylor ran it out of the end zone as time expired.

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Labour Day Classic

Stampeders	Eskimos
31	30

Quoted

“We had a chance to win it at the end but we didn’t. You’ve got to tip your hats to those guys.”

Eskimos QB Kerry Joseph on his team’s loss to the Stampeders.

East Division clash

Owens rewards Ray’s faith

Chad Owens was there when the Toronto Argonauts needed him the most Monday.

The speedy receiver amassed a club-record 402 combined yards to help Toronto rally for a thrilling 33-30 win over the Hamilton Tiger-Cats in its final Labour Day showdown at Ivor Wynne Stadium. Owens had two clutch receptions for 29 yards — including a sparkling one-handed, 18-yard grab — on the Argos’ final possession with a stiff wind that kept the fateful 51-yard, seven-play drive alive and allowed Swayze Waters to boot the winning 33-yard field goal with 26 seconds remaining.

The late-game heroics were also sweet redemption for Owens, who fumbled twice in the contest, losing one.

“It’s something I have to be cognizant of and maybe sometimes stop trying to fight for those extra yards,” Owens said of the fumbles. “I told Ricky (Argos quarterback Ricky Ray) I appreciate him trusting me and going to me in certain situations and trusting that I’ll make the play.”

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Canadian Patrick Anderson king of wheelchair hoops

Patrick Anderson, left, shoots under pressure from Frederic Guyot of France in May in Manchester, England. JAMIE MCDONALD/GETTY IMAGES

He’s the player the opposition tries in vain to contain. The ball follows him like a loyal dog. When the ball clangs off the rim or backboard, one hand rises effortlessly above others.

Every sport has a game-changer such as Sidney Crosby or, in his prime, Kobe Bryant. Patrick Anderson is that in wheelchair basketball.

Sport may be given to hyperbolic language but in Anderson’s case, the Canadian lives up to his billing as the best player in the world.

“In every sport, there always comes along a physical specimen who is ideally suited for that particular sport and the guy becomes a superstar,” Canadian coach Jerry Tonello says. “We have Pat.

“Pat is the perfect wheelchair basketball machine.”

Anderson almost wasn’t wearing Canadian colours at the Paralympic Games in London. After winning gold in 2000 and 2004 and silver in 2008, Anderson retired. The retirement turned into a two-year hiatus before he returned to the game.

“When I started playing wheelchair basketball, I was totally inspired by guys telling me about Seoul — guys who had played basketball for Canada in 1988,” Anderson said. “I wanted to be that one more time.”

Listed at six-foot-four when he’s wearing prosthetic legs, Anderson is long from his hips to his head.

He doesn’t wear prosthetics on the court, so without the lower legs he lost at age nine when he was struck by a drunk driver, Anderson sits higher in his chair than those who still have their legs.

In wheelchair basketball, a player gets two touches of his wheels before dribbling. Anderson has the core strength to get maximum distance before he has to put the ball down. And while the ball is in his hand, it seems glued there.

With Germany often double-teaming Anderson on Sunday, the court opened up for teammate Bo Hedges to pour in 24 points. Anderson had his second triple-double of the tournament with 25 points, 15 rebounds, and 12 assists.

“You cannot defend against Anderson one-on-one,” British player Gaz Choudhry told The Telegraph. “It takes the whole team to defend him.”

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In the quarter-finals

- Canada downed Colombia 68-42 on Monday to cap the preliminary round of the Paralympic tournament at 5-0.
- The Canadians will play in Wednesday’s quarter-finals.

Horoscopes

♈ Aries
March 21 - April 20
Deal curtly with people who annoy you today. That is not an invitation to be rude but there is no law that says you have to be nice to everyone you meet, especially those who waste your time on trivial matters.

♉ Taurus
April 21 - May 21
You must stay on top of your workload, because if you let things slide you will find it hard to catch up again later on. If you can't do it all yourself then delegate more. Trust others to do a good job.

♊ Gemini
May 22 - June 21
Your efforts, both at home and at work, will pay off eventually but why does it take so long? Actually it doesn't. It's just that being a Gemini you tend to be impatient. Relax — it's all going according to plan.

♋ Cancer
June 22 - July 23
You are taking certain issues too seriously and need to realize that you are not the one to blame for someone else's problems. See to your own needs today. Focus only on what matters to you personally.

♌ Leo
July 24 - Aug. 23
Something will strike you as funny today but if you laugh too loud or too long others might get the impression that you are laughing at them. The best jokes are those during which you can all laugh together.

♍ Virgo
Aug. 24 - Sept. 23
Resist the temptation to get involved with a plan or project you really don't know that much about. Before the day is over you could be out of your depth and swimming in shark-infested waters!

♎ Libra
Sept. 24 - Oct. 23
A disagreement of some kind is likely but it will be over as quickly as it started, so don't take it too seriously. This may even be one of those situations where a bit of strife brings you closer together.

♏ Scorpio
Oct. 24 - Nov. 22
You are expecting far too much of yourself, which is an invitation to disappointment. You have absolutely nothing to prove, to yourself or to other people, so aim a bit lower and enjoy life a bit more.

♐ Sagittarius
Nov. 23 - Dec. 21
Everyone is born with a special talent and everyone has a destiny to fulfill. Once you realize that, you will be less likely to compare yourself to other people. Focus on your life's goal. You know what it is.

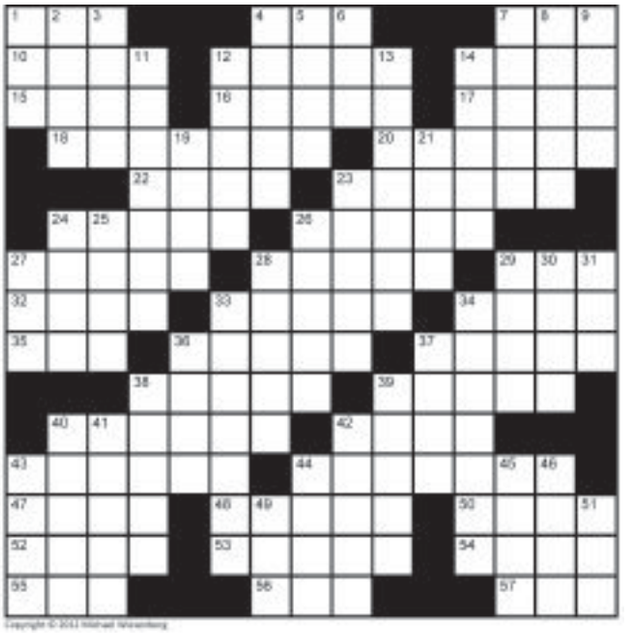
♑ Capricorn
Dec. 22 - Jan. 20
The planets will bring your leadership qualities to the forefront today and you will find that others rely on you to make the right decisions. Don't turn your back on them: They need you and you need them.

♒ Aquarius
Jan. 21 - Feb. 19
There are no barriers. There are no limits. Your life will always be what you want it to be. If you desire something enough, you will find a way to get it. It may take a little time but nothing is impossible.

♓ Pisces
Feb. 20 - March 20
At some stage today you will realize that most of the things you have been fearful about are not worth the time and the energy. Once you get over them, the sense of freedom you feel will be life changing.
SALLY BROMPTON

Crossword: Bits and Pieces

BY MICHAEL WIESENBERG



Across
1. Place to drink
4. ___ Beta Kappa
7. Ocean
10. Operatic solo
12. Insurance adjuster's investigation
14. Big moisturizing products name
15. Red ___: Alberta's third-most-populous city
16. Sound on a tuner
17. Bouquet holder
18. Canada's fourth-largest province
20. Beirut-born Canadian star of *The Matrix* series Keanu
22. Another word for margarine
23. Core groups of trained personnel
24. Elliott of *Ocean's 11, 12, 13*
26. Geometric functions
27. Mike ___: Scarborough, Ontario-born *Saturday Night Live* alumnus
28. Papal language
29. Many a CEO's deg.
32. Center of the eye
33. Stories
34. Ancient France
35. "You've Got Mail!" ISP
36. Tiny bits, from a Greek letter
37. Consume noisily, as soup
38. "No Right Turn ___" (2 wds.)
39. Windsor, Ontario-born singer Shania
40. Bay surrounded by Nunavut, Manitoba, Ontario, Québec
42. Bric-a-___: knickknacks
43. Largest monkey
44. Fries, cheese, and gravy dish
47. Not worth ___ (2 wds.)
48. 1,000 kg
50. "Electric" fishes
52. Have a primary role
53. How the hair of frightened comic book characters stands (2 wds.)
54. Valentine gift
55. Fri. follower
56. Wed. preceder
57. ___ Brunswick

Down
1. Evil
2. Specialty (in education, say)
3. A founder of Manitoba, and a political and spiritual leader of the Métis people
4. A dwarf planet, now
5. "Humpty Dumpty ___ great fall" (2 wds.)
6. 3 on a sundial
7. NWT's Great ___ Lake
8. Lets up
9. Affirmative votes
11. Leafy shelters
12. Gave a hoot
13. Toronto-born Rick of *Honey, I Shrunk the Kids*
14. Surpluses
19. House wings
21. Utopia
23. Gives a ticket
24. Greek deli specialty
25. Trompe l'___: fool-the-eye art
26. Greens
27. ___ Farrow: Woody Allen's ex
28. Grow dark
29. A Hawaiian island
30. Be in the sun too long
31. Jungfrau or Matterhorn, e.g.
33. Home of the Argonauts
34. Yukon mountain sight
36. Not ___ many words (2 wds.)
37. Attack mosquitoes
38. Smell
39. Brought into alignment
40. "___ la vista, baby!": Schwarzenegger
41. German sub
42. "___ nuit": "Good night"
43. Low voice
44. Tire: Fr.
45. ___ sign: advertising medium
46. Other
49. Québec neighbour: abbr.
51. Use needle and thread

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

7				1		3	9	
	4		6	8		7		
					5			
	7	9				2		5
1								6
6		2				4	1	
			1					
		7		9	4		8	
	1	8		3				4

Friday's Sudoku

Sharability

easy — hard

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